Vancouver metro

TUESDAY, JANUARY 19, 2016

One of 5 simple ways to end the stigma around mental illness.

It's not always easy to know how to break the stigma associated with mental illness. Mental health experts suggest 5 easy ways you can help. Here's one way.

Listen and ask

Be wary of giving advice. People with a mental illness don't want to hear that they're "just going through a bad patch" or that they should remember they have a lot to be happy about. It's like telling someone with heart disease they need to snap out of it. Ask and listen to what they have to say about their illness.

Michael Landsberg

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SOPHIE'S VOICE
Ms. PM shows off pipes
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FUTURAMA

B.C. Tech Summit features cool technology — some wearable

metroNEWS

Michael Peirone, a fourth-year biomedical engineering student at the University of Victoria, displays a 3D-printed hand that engineers have produced for amputees in developing countries.
DARRYL DYCK/THE CANADIAN PRESS

City complicit in forced property sales

UNCOVERED DOCUMENTS

Historic sell-off of Japanese-Canadian homes revealed

Matt Kieltyka
Metro | Vancouver

Municipal documents unearthed by a University of Victoria researcher suggest the City of Vancouver played a larger role than previously known in the unjust forced sale of Japanese-Canadians' property during the Second World War.

Jordan Stanger-Ross, associate professor of history and the director of the Landscapes of Injustice project at UVic, has been sifting through tens of thousands of historical records related to the internment of 22,000 Japanese-Canadians in coastal British Columbia during the war and found arguments for the forced sale of their property first emerged at the city government level.

During that time, B.C. was home to 96 per cent of Japanese-Canadians and Vancouver's Powell Street neighbourhood was the community's largest enclave.

While not exclusively a Japanese-Canadian neighbourhood, "Japtown" (or the "Japanese quarter") had been deemed a slum by the city's Town Planning Commission and planner Frank Buck in 1939.

"The housing conditions of the Japanese must be bettered, not only in their own interests but in those of the community as a whole," reads one report.

Stanger-Ross said Buck's report appears well-intentioned (placing the blame on landlords and crediting Japanese-Canadian tenants for keeping lodging houses very clean) but would lay the foundation for things to come.

With Japanese-Canadians being uprooted and their property being held in trust by the federal government by 1942, the TPC wrote in August, "This is an opportune time to clean up housing conditions in what is generally known as 'Japtown.'"

A round of aggressive inspections was undertaken by the city, led by Alderman George Buscombe (known for his public antipathy for Japanese-Canadians), which garnered the federal government's attention.

"Federal officials absorbed the message that the Powell Street area should be considered a slum," writes Stanger-Ross in his forthcoming paper in the Journal of Planning History, "but from there they took matters in their own direction."

By December 1942, Buscombe was advocating for the forced sale of Japanese-Canadian-owned real estate — something that became reality in 1943.

"The dispossession of Japanese-Canadians has largely been thought of as a federal policy, Stanger-Ross told Metro. "These research findings suggest that the policy also originated at the City of Vancouver. It played a critical role."

In 2013, the City of Vancouver made an official apology "for its complicity, its inaction, and for failing to protect her residents of Japanese descent."

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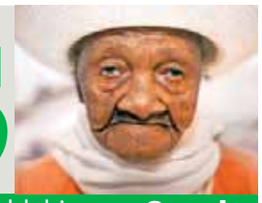

Born in Haiti in 1896, Cicilia Laurent is 120 years old this year. **Canada**

Cost of 2011 Stanley Cup riot prosecutions close to $5 million

REPORT

Scope of event unprecedented in Canadian history: Report

Matt Kieltyka
Metro | Vancouver

Prosecuting more than 300 suspected people responsible for the 2011 Stanley Cup riot in Vancouver cost nearly $5 million, according to a new report.

The Criminal Justice Branch released its full public report on the riot Monday, putting a cap on the extended legal aftermath of the riots that ensued after the Vancouver Canucks lost to the Boston Bruins in Game 7 of the Stanley Cup final on June 15, 2011.

An estimated 55,000 people were watching the game at the main public viewing area on West Georgia Street and in surrounding downtown streets.

Over the course of the night, 928 police officers were called in to respond to 112 damaged businesses, 122 damaged or destroyed vehicles and 52 reported assaults. At one point during the riot, the Criminal Justice Branch says there were 92 calls to 911 for ambulance services placed on hold.

In the years that followed, 912 formal charges were laid against 300 alleged rioters, resulting in 284 guilty pleas, nine convictions and six stay of proceedings.

Ninety-four per cent of adult riot offenders received jail sentences, approximately half of which were served in an institution and half in the community under a conditional sentence order. The total cost of prosecuting the offenders in court was $4,976,765, according to the report.

> **We're satisfied that the people involved were brought to justice.**
> Charles Gauthier

"The scope of the 2011 Vancouver riot was unprecedented in Canada," the report reads. "The breadth of the riot investigation and prosecution based on photographic evidence was also without precedent."

Assistant Deputy Attorney General Joyce DeWitt-Van Oosten concludes the report saying "police and the prosecution services expended considerable resources to ensure that those who participated in the (riot) were held to account. Hopefully, this prosecution will deter — even prevent — the reoccurrence of events like the 2011 riot, as those who would riot and commit other crimes under cover of a crowd now know they do so at their peril."

Charles Gauthier, president of the Downtown Vancouver Business Improvement Association, said the business community is satisfied by the work of police and prosecutors.

Rioters caused $2.7 million in damages and stolen property to downtown businesses and left a lasting impact on those caught up in the riot, Gauthier said.

"We're satisfied that the people involved were brought to justice," he said. He said the City of Vancouver responded to the riot with stricter requirements for public events and that "the mood has changed for the better" at subsequent large-scale gatherings.

"I really hope that those lessons aren't forgotten," said Gauthier.

A car burns behind a police officer after a riot broke out following the Canucks' defeat by the Boston Bruins in the Stanley Cup final in Vancouver in 2011. DARRYL DYCK/THE CANADIAN PRESS

IN NUMBERS

55,000 — People who gathered in the public viewing areas on the streets of Vancouver's downtown core to watch the Canucks lose Game 7 of the Stanley Cup final to the Boston Bruins

928 — Police officers who brought the melee under control after rioters smashed windows, set fires and looted

107 — Members of the Vancouver Fire and Rescue Service, and B.C. Ambulance Service who helped put out the fires or attend to 92 calls for ambulance service

$3.7 million — Total estimated financial loss including $2.7 million to businesses, $540,000 to civilians and $525,000 for cost to the city

2,200 — Statements taken from victims, witnesses

912 — Charges laid against

284 — Accused who pleaded guilty

17 per cent — Rioters charged who had criminal records THE CANADIAN PRESS

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School starts program to combat PTSD issues

MENTAL HEALTH

Simon Fraser addressing disorder that's at crisis levels

Thandi Fletcher
Metro | Vancouver

Simon Fraser University is trying to give back to first responders and veterans, launching a new program to equip them with the skills to combat post-traumatic stress disorder.

The online certificate program, which bills itself as the first of its kind in Canada, aims to give those who work on the front lines of emergency and military, services to help protect themselves and their peers from the mental health effects related to workplace trauma.

"It's an opportunity to give back to those brave men and women who support us every day," Larry White, director of career and professional programs at SFU, told Metro.

"First responders, in all of the calls that they are sent on, are putting their lives on the line to ensure our safety and security," said White.

The program, which starts this fall, comes as PTSD is reaching crisis levels in Canada.

Last year, 39 Canadian first responders and 12 military members died by suicide, and 2016 has already seen its first two incidents, according to the Tema Conter Memorial Trust, which provides support for first responders and military personnel struggling with mental health issues.

Simon Fraser University is launching a new initiative to help first responders and veterans with post-traumatic stress disorder.
THANDI FLETCHER/METRO

The program, which Tema Conter Memorial Trust helped develop, will see active and retired first responders teach others in their line of work the skills on how to recognize the onset of mental illness, as well as tips on how to mitigate the impact of PTSD before, during and after a traumatic incident.

Along the way, students will also take part in checkpoints to ensure the course material hasn't triggered any symptoms of PTSD.

By teaching first responders how to recognize their own symptoms, White hopes the course will have a "trickle-down impact" in helping them recognize it in their peers. That in turn will help them in their work with the public, he said.

White said he hopes the program helps to open up the conversation about PTSD and break down the stigma associated with mental illness.

"We don't seem to have much difficulty wrapping our minds around a broken leg and the need to treat that," he said. "But when something is a hidden traumatic event, it becomes a little bit more difficult. It's harder to describe and harder to visualize."

ABBOTSFORD

Shots fired in pair of incidents

Gunshots rang out twice within a span of three hours in Abbotsford overnight Sunday, and police are trying to determine if the two incidents are linked.

Shortly after midnight, Abbotsford police said they received reports of shots fired in the 31500-block of Ridgeview Drive.

Officers at the scene found a home on the street had been struck by bullets, but no indication that anyone was hurt.

Neighbours reported hearing a vehicle that quickly fled from the scene after the gunshots rang out, according to police.

Three hours earlier, just after 9:30 p.m., police received reports of shots fired between two vehicles at the intersection of Salton Road and Fern Street.

When officers arrived, they found shell casings on the road but no evidence of vehicles or homes being struck. Calls to local hospitals found no victims with gunshot wounds, police said.

"The investigation cannot exclude the possibility that this shooting incident is related to other recent events," police said in a news release. "The Abbotsford Police Department is extremely concerned about potential escalating tensions and the threats to public safety that this incident could represent."

Abbotsford has been dealing with gang violence in the city for months. Last September, a 74-year-old grandfather was shot dead outside his home in the quiet neighbourhood of Townline Hill. Investigators believe a neighbouring home was the intended target and that a stray bullet struck the man.

THANDI FLETCHER/METRO

BC TECH SUMMIT

Clark vows coding in primary schools

Students in British Columbia's public elementary schools are on track to become the first generation to get basic training in computer coding as the province answers a call from its thriving tech sector.

Some children in grades 6 to 9 will begin learning the ABCs of digital technology once the government adds coding to teachers' lesson plans in its modernized curriculum.

Schools will receive the new curriculum in September and the program is slated to be phased in over three years. The goal is to expose all kindergarten to Grade 12 students to coding basics within the next decade.

Premier Christy Clark announced the plan Monday among several initiatives to address a shortage of workers with digital skills that are needed by B.C. tech firms in the government's bid to bolster the knowledge economy.

"You've told us ... you need more talent. We know that's crucial for your success," Clark told about 2,800 delegates at the BCTech Summit.

"Tech companies will locate in places where they can find the people that will be capable of doing the work. We need to start that in our schools."

Specific details, including costs to implement the curriculum changes, weren't revealed as the program remains under development. Government officials said teachers will be given the opportunity to learn about coding during professional development days.

> **You've told us... you need more talent.**
> Premier Christy Clark

The officials said they looked to jurisdictions including Ontario and Britain as examples in designing the policy, but noted there's no place that's implemented coding long enough to know its results.

The province has spent $500,000 running five coding academies over the past year for post-secondary students and has committed to expanding those camps into the next fiscal year. THE CANADIAN PRESS

Premier Christy Clark addresses the inaugural B.C. Tech Summit on Monday. DARRYL DYCK/THE CANADIAN PRESS

From left to right, Simon Fraser University graduate students Sohek Sadeqi and Shaun Bourgeois, and engineering professor Siamak Arzanpour. Missing is engineering professor Ed Park, who is also involved in the research. CONTRIBUTED

SFU team gets leg up on robotic mobility

TECHNOLOGY

Full range of motion in limb three years in development

Thandi Fletcher
Metro | Vancouver

Imagine a robotic suit that can restore the ability to walk comfortably again, in someone who is paraplegic or has lost a leg.

It may sound like science fiction, but according to Simon Fraser University engineering professor Siamak Arzanpour, the technology is on its way to becoming reality.

This past month, he and his colleagues have built a battery-operated and ergonomic robotic system. It features joints and links that can mimic all the motions of the human body, allowing people with mobility problems to walk without difficulty. Called the Wearable Lower Limb Anthropomorphic Exoskeleton, or WLLAE, the prototype, three years in development, was on display at the inaugural B.C. Tech Summit on Monday.

While other engineers have developed similar robotic exoskeletons, Arzanpour said most allow users to walk only straight. But his team's prototype, built using parts created with a 3D printer, has a full range of movement, he said.

> **Ours can mimic all the motions that a normal human can have.**
> Siamak Arzanpour

"Ours can mimic all the motions that a normal human can have when they walk or run," Arzanpour told Metro. "They can easily climb up and down stairs, and they can sit or change direction."

While the exoskeleton can help people who have mobility issues, Arzanpour said it also has potential for use by military personnel and factory workers, allowing them to walk longer distances and carry heavier loads than they could without robotic help.

It is still only a prototype, Arzanpour said, but the public's response so far has been exciting. As the technology was being showcased on a mannequin, two people in wheelchairs approached his team and volunteered to help test it when the device is ready.

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B.C. student remembered

STABBING

Former hockey player a leader on and off the ice: Team rep

A junior hockey team in Chilliwack, B.C., is remembering how a former player once dressed as Santa Claus for a gift exchange after he was among the victims in a murder-suicide that left three people dead in New York state.

Matthew Hutchinson, 24, was studying geography and business at State University of New York in Geneseo when he and a female student were killed early Sunday morning. Police say a former boyfriend of the woman stabbed the two students to death.

Hutchinson played defence with the Chilliwack Chiefs in the 2011-12 season and returned for an alumni game the following year, said team spokesman Barry Douglas.

"I can recall him dressing up as Santa Claus for the Chiefs players' gift exchange back in 2011. He was just that kind of guy.

"It's hard to believe that something like that could happen to such a great guy. He just made people smile, he made people happy. He was just that kind of guy. So ... shock, just disbelief."

> **He was very, very well respected by his teammates and by everybody who crossed his path.**
> Barry Douglas

Hutchinson also played on the university's hockey team. He planned to one day become a firefighter, Douglas said, adding the North Vancouver native was a leader on and off the ice.

"He was very, very well respected by his teammates and by everybody who across his path."

Jeff Szczesniak, a spokesman for the Geneseo Police Department, said Monday that 21-year-old Kelsey Annese was killed along with Hutchinson, where both rented rooms in a large house near the university.

He said Colin Kingston, a former student at the same school, called his father early Sunday morning to say he'd gone to the house and killed his ex-girlfriend and would also end his own life.

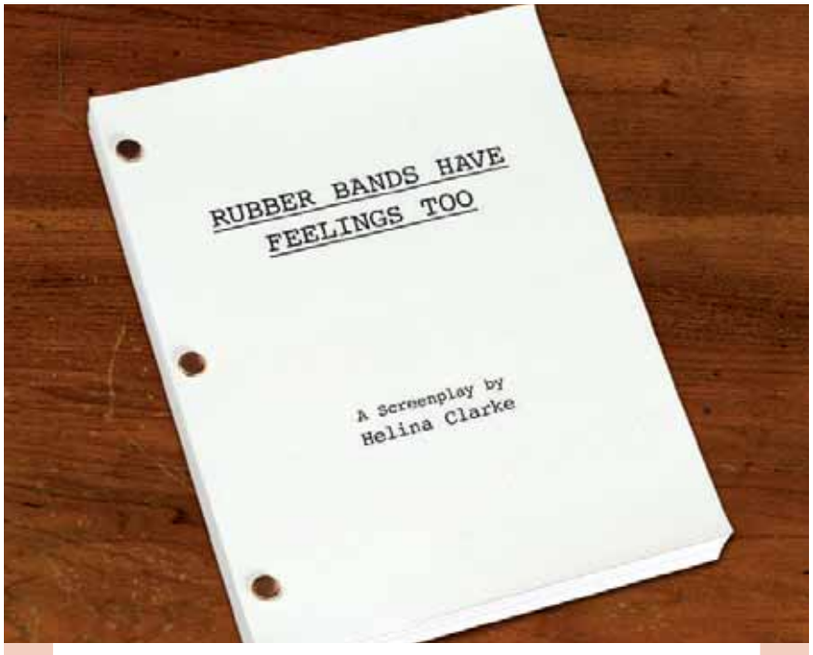
"There was an altercation that occurred and it was during that altercation that we believe that Miss Annese and Mr. Hutchinson did sustain some fatal stab wounds."

Szczesniak said Kingston was distraught over the recent break-up of a three-year relationship with Annese and had talked about suicide to several people though he had not made any threats.

"We are confident that the perpetrator in this situation was Mr. Kingston and that there were no co-conspirators or anybody else that we're looking for so therefore there would be no charges."

THE CANADIAN PRESS

Matt Hutchinson is seen in an undated photo provided by SUNY Geneseo. Three bodies were discovered Sunday, near the State University of New York. KEITH WALTERS/SUNY GENESEO/THE ASSOCIATED PRESS



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POLITICS

Cities ask feds for break from bringing in Syrian refugees

Two cities, Vancouver and Ottawa, are taking a break from accepting any more government-assisted Syrian refugees as agencies in both cities try to work through housing bottlenecks.

A surge of arrivals in the last month filled temporary housing to capacity and the settlement groups responsible say they need time to move people into permanent homes before they can accept any new cases.

The director of settlement for the Immigrant Services Society of B.C. says the pause in Vancouver will last five days, beginning Tuesday.

Even though the group added 700 beds to its housing stock, it is still taking time to find permanent homes, Chris Friesen said.

"Nobody is stuck in an airport for a week or something like that," he said.

"Overseas, what it means is either they will put them on later flights or they may (send) them to new centres that have current capacity just to keep the flow going," he said.

Friesen said it also took more time than expected for the federal Immigration Department to process the cheques newcomers use to pay for their first homes and other needs.

In Ottawa, officials had been gearing up for large numbers of privately sponsored refugees but what came first was the influx of government-assisted ones, filling the available beds.

A delay in accepting new government-assisted refugees could last as long as a week.

"The timing just needs to be spread out a bit, it's just been this huge influx over a two-week period," said Leslie Emory, the executive director of the Ottawa Immigrant Community Services Organization.

The pause only applies to government-assisted refugees, those whose costs are covered entirely by the federal government.

THE CANADIAN PRESS

> **The timing just needs to be spread out a bit, it's just been this huge influx over a two-week period.** Leslie Emory

ENVIRONMENT

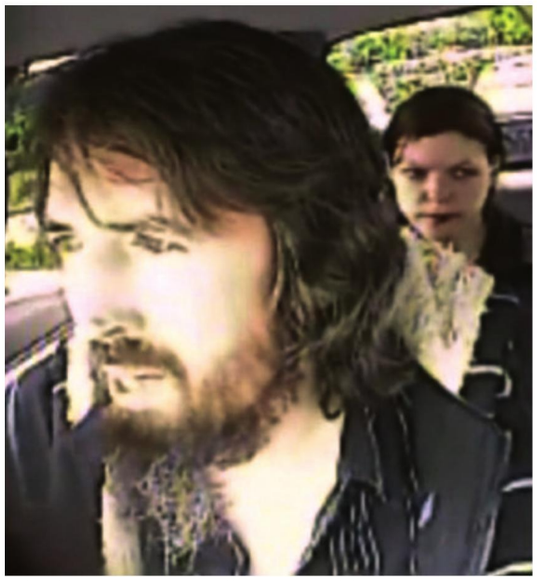
Seven protesters arrested
RCMP say seven protesters were arrested Monday morning from a barge at Kinder Morgan's Westridge Marine Terminal in Burnaby.

Four of the protesters alleged boarded the barge, being used for geo-technical test drilling approximately 100 metres off shore, on Sunday and were joined by more Monday morning with the intention of impeding the ongoing work.

Officers from Burnaby RCMP and the Lower Mainland Emergency Response Team then arrested seven people without incident.

RCMP say they will face criminal mischief charges.

METRO



John Nuttall and Amanda Korody in a still image taken from an RCMP undercover video. COURTESY RCMP/THE CANADIAN PRESS

Legal fears early on in terror sting

COURTS

Sergeant says entrapment always a worry in such cases

The head of an RCMP team tasked with investigating a possible terror suspect has told a B.C. Supreme Court trial that he had concerns about entrapment and abuse of process near the start of a police sting.

Emails read in court show Sgt. Bill Kalkat asked undercover officers how they planned to avoid legal issues months before John Nuttall and Amanda Korody were arrested for plotting to blow up the B.C. legislature in 2013.

Nuttall and Korody were found guilty of terrorism charges last June, but the convictions have not been entered while defence lawyers argue that police entrapped their clients in a sting. Crown lawyer Peter Eccles asked Kalkat when he began thinking about entrapment and abuse of process as possible issues.

"Late February, early March (of 2013)," Kalkat replied, adding that such issues are always a concern when a crime has not yet been committed.

The senior officer also told court that he faced some challenges with the undercover team investigating Nuttall and trying to determine whether he posed a threat to public safety.

An experienced officer was important for the case, Kalkat testified, adding he asked that someone who'd worked on similar national-security investigations be assigned.

"There's a whole bunch of little fine details that come along in the national-security world that just are not pressing in your typical homicide technique undercover operation."

Emails read in court suggested he asked for more details about the undercover team's long-term plans.

"You can't just go scenario to scenario. There has to be some sort of game plan. And I wasn't seeing that with the undercover unit," Kalkat said.

Court heard that at one point, a difference in opinion over how the case should proceed put the investigation on hold. THE CANADIAN PRESS

"There's a whole bunch of little fine details that come along in the national-security world."
Sgt. Bill Kalkat

HOUSING MARKET

Curbing foreign owners a costly idea: Ministry

Documents from the British Columbia Finance Ministry say the province would lose $1 billion in residential real-estate sales and almost 4,000 construction jobs if government moved to reduce foreign investment in the housing market.

The six-page analysis comes as economists, academics and real-estate experts propose a tax on foreign owners of vacant properties to generate a potential dividend of up to $90 million to be shared among local owners. The government hasn't responded to the Housing Affordability Fund proposal from the University of B.C.'s Sauder School of Economics and the Vancouver School of Economics, but Premier Christy Clark has said housing affordability is a top concern in next month's budget.

The government is hinting at reviews of current thresholds for property-purchase taxes, including the $475,000 property-purchase tax exemption for first-time home buyers as potential housing-relief measures.

$1 billion

Amount the province stands to lose if it moves to reduce foreign investment in the housing market, according to the Finance Ministry

But UBC real-estate economist Thomas Davidoff says new property-purchase tax measures will likely drive up prices as potential buyers line up to get in the market. Davidoff called on Clark to convene a real-estate summit that brings together developers, politicians, academics and real-estate officials to address housing-affordability problems in the province. THE CANADIAN PRESS

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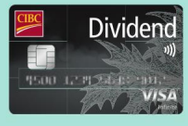

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A 120-year-old's birthday wish

MILESTONE

One of oldest persons alive yearning to meet Trudeau

Cicilia Laurent is a woman who has lived in three centuries, from before the discovery of human flight to Haiti's devastating earthquake in the new millennium.

To mark her birth on Jan. 31, 1896 — something that, if verified, would make her the second-oldest person ever — Madame Laurent would like nothing more than to meet Prime Minister Justin Trudeau.

"Will he come see me?" she asked last weekend. "I would be so happy. Before I die I would be so happy to meet him. I'm waiting and you can let me know if it's going to happen."

If the Liberal leader's audience is anything like Torstar News Service's recent visit with her, she will offer Trudeau, his wife and children lots of prayers for their health and wealth. He will also undoubtedly be invited to recite scripture, following Laurent's devout evangelical lead.

She will hold his hands, touch his face, laugh and share her contagious optimism in a tough-to-decipher Haitian Créole, translated into French by one of her children or grandchildren.

But one special request is certain. The woman who could pass for the matriarch of humanity would like special permission for her beloved grandsons in Haiti, Patrick and Joel, to come see her in Canada, possibly for the last time.

"You don't know how important they are for her," says Laurent's grandson, Ronald Cherri.

It is an achingly real wish in Laurent's dwindling world. One in which it is becoming harder to hear, harder to see and harder to recall what happened 10 years ago, 30 years ago or even a century ago.

The other ache is in her legs. After nearly six years in the country, they still flare up in the frigid winters, she said.

"I love Canada but it's the cold that I don't like. It's a great country."

Laval, just north of Montreal, has been home for Laurent since shortly after the deadly 2010 earthquake in Haiti. All around her, she recalled, houses crumbled and were flattened. Many neighbours and friends died.

So who is Cicilia Laurent? According to a 2005 document provided to Torstar News Service that is known as a late declaration of birth, she was born 120 years ago on Jan. 31 to Erzulie Laurent in the village of Pestel, about 300 kilometres west of Port-au-Prince.

Laurent now has trouble discerning how long ago things happened, but said some of her earliest memories are of making clothing and dolls.

"I still make them to this day," she said. "You just have to bring me some cotton and I can continue to make them."

Later in life, Laurent said she made a living selling in Port-au-Prince's markets.

"I sold all that I could find. I sold sugar and flour. All that I could find I resold," she said.

Cherri, her grandson, said Laurent gave birth to 12 children, six of whom survived childbirth. Three are still alive. Her eldest daughter, from a first marriage, died a few years ago at the age of about 96, Cherri said.

She says her secret is keeping an even keel, eating well and having faith in God.

But the proof of her extraordinary birth date is not solid enough for her to assume her title as the world's oldest living person, a crown currently worn by New York's Susannah Mushatt Jones, who has been verified by the Guinness World Records as being born on July 6, 1899, making her 116 years old. TORSTAR NEWS SERVICE

1 Cicilia Laurent at home in Laval, Que. Born in Haiti on January 31, 1896, Cicilia will turn 120 years old this year.
2 Cicilia and her great-grandson, Christian. 3 A photo of Cicilia when she was a young 112 years old. TORSTAR NEWS SERVICE

> **I don't argue with anyone. I never get angry. I never fight. And I'm a Christian, so if someone is sick I pray for them.**
> Cicilia Laurent

OTTAWA CITY HALL

Sing us a song, Sophie

The audience for Martin Luther King Day at Ottawa City Hall got an unexpected bonus Monday when Sophie Gregoire-Trudeau offered an impromptu a cappella rendition of a song she wrote for her daughter.

The prime minister's wife was a guest speaker at the city's annual Martin Luther King Day event, but decided to go beyond simple remarks.

In a video clip posted on various media sites, Gregoire-Trudeau said she was inspired by singers earlier in the program and wanted to offer something of her own.

"It's not planned, trust me," she said.

"I am going to sing you a song that I wrote for my daughter Ella-Grace at a moment when I was going through a difficult time and where I remind myself of all the hope that there is in one's life and all the hope that there is in life."

She launched unaccompanied into the song, titled "Smile Back at Me."

Sophie Gregoire-Trudeau SCREENGRAB/YOUTUBE

When she finished the short, bluesy tune, she was rewarded with a standing ovation from the guests, including former prime minister Joe Clark.

Clark was on hand to receive the DreamKeepers lifetime achievement award.

Gregoire-Trudeau, meanwhile, is no stranger to singing on camera. In December, she and her husband recorded themselves singing "Jingle Bells" in a clip posted on YouTube. THE CANADIAN PRESS

> **It's not planned, trust me.**
> Sophie Gregoire-Trudeau

IN BRIEF

Infrastructure will help economy: Morneau

As bad economic news rattles nerves on stock markets and in the oil patch, the Liberal government is determined to project a stay-the-course approach. Finance Minister Bill Morneau said the government is casting about for infrastructure projects that "will enhance the long-run productive capacity of the country." THE CANADIAN PRESS

Mulcair looking to future

Tom Mulcair found himself fending off questions about his political future Monday ahead of his party's two-day caucus retreat in Montebello, Que. Mulcair insisted he remains fully motivated as leader, even though the memory of last October's devastating election result is still fresh in his memory. THE CANADIAN PRESS

JUSTICE SYSTEM

Jury representation needs review: Expert

A renowned indigenous legal advocate hopes a court's dismissal of a challenge over representative juries in Alberta doesn't kill what she calls a "critically important" conversation.

In a decision made on Jan. 7 — and released this week — Court of the Queen's Bench of Alberta Justice B.R. Burrows dismissed an application by Jeremy Newborn, an indigenous man facing trial in April on second-degree murder charges.

Burrows' decision is a tough one to take for Muriel Stanley Venne, chair of the Aboriginal Commission on Human Rights and Justice, which intervenes in cases of discrimination in the justice system.

"It seems that part of the democratic process has been left out," she said of juries that try indigenous people in Alberta.

When it comes to indigenous people on them, "there isn't any," Stanley Venne said. "Who sits on the juries should be reviewed."

Newborn was charged in connection with a 2012 beating death on the LRT.

> **It seems that part of the democratic process has been left out.**
> Muriel Stanley Venne

Beginning in 2014, his lawyers challenged the court about the composition and fairness of the jury that's been assembled to try him. TIM QUERENGESSER/METRO

BURKINA FASO BUSINESSES REOPEN AMID BEEFED-UP SECURITY A soldier stands guard outside the Splendid Hotel in Ouagadougou, Burkina Faso, on Monday. In the wake of a weekend attack that killed up to 32 people, security was increased across the capital city as businesses and banks reopened. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Trump polarizes U.K. parliament

EUROPE

MPs slam U.S. presidential hopeful; most opposed to ban

Donald Trump doesn't have many fans in Britain's Parliament.

But a debate among lawmakers on calls to ban Trump from the country revealed little appetite to close Britain's doors to the provocative Republican U.S. presidential contender.

During a three-hour debate Monday, legislators from Britain's main parties stood to call Trump an attention-seeker, a demagogue and a fool. Many, though, argued that he should not be stifled or banned.

"While I think this man is crazy, while I think this man has no valid points to make, I will not be the one to silence his voice," said Conservative lawmaker Tom Tugendhat.

Parliament took up the topic after half a million people signed a petition calling for Trump to be excluded over his call for a temporary ban on Muslims entering the U.S. in the wake of extremist violence. Trump has also claimed that some areas of Britain are so radicalized that police fear for their lives.

> **Donald Trump is a fool. He is free to be a fool. He is not free to be a dangerous fool on our shores.**
> Jack Dromey, Labour Party member of parliament

Labour Party legislator Paul Flynn, who opened the session, said Trump had already received "far too much attention."

"The great danger by attacking this one man is that we can fix on him a halo of victimhood" and boost his popularity among supporters, Flynn said.

Prime Minister David Cameron has condemned Trump's remarks about Muslims as "divisive, stupid and wrong," but he and other senior officials have said they do not think Trump should be banned.

The government has the power to deny entry to people with criminal convictions or those whose presence is considered not "conducive to the public good."

The power has been used against figures as diverse as boxer Mike Tyson, rapper Tyler the Creator, radical Muslim preachers and the late Christian fundamentalist Fred Phelps Sr.

THE ASSOCIATED PRESS

IN BRIEF

Germany: New Year's Eve sexual-assault suspect in police custody

A 26-year-old Algerian man has become the first person arrested in connection with a string of sexual assaults during New Year's celebrations in Cologne that sparked a debate about Germany's ability to integrate migrants.

THE ASSOCIATED PRESS

French president declares state economic emergency

French President Francois Hollande pledged Monday to redefine France's business model and declared "a state of economic and social emergency," unveiling a $2.2-billion US plan to catch up to the global economy.

THE ASSOCIATED PRESS

UN agency chief seeks mass resettlement of Syrian refugees

The new chief of the UN refugee agency said Monday the world should find a fairer formula for sharing the burden of Syria's crisis, including taking in tens of thousands of refugees from overwhelmed regional host nations.

THE ASSOCIATED PRESS

SCIENCE

New NASA satellite to track rise of sea level

NASA has launched a satellite into orbit that it says will be able to measure the rise in sea level across 95 per cent of the Earth's ice-free oceans and help scientists predict extreme weather events linked to global warming.

The Jason-3 satellite was launched aboard a rocket in California on Sunday and it will be fully operational after a six-month testing phase, the U.S. space agency said in a statement.

Joining its predecessor, Jason-2, launched in 2008, the satellite will track the height of the sea level, the speed and direction of ocean currents and tides, and collect information about solar energy stored in the ocean.

They will help climate specialists forecast the strength of extreme weather events, such as tropical cyclones, NASA said.

Jason Thistlethwaite, an assistant professor of business and environment at the University of Waterloo in Ontario, said the rise in sea level is "the greatest physical and economic threat from climate change."

"Reducing our uncertainty around the impacts of sea-level rise and extreme ocean weather will go a long way to reducing our vulnerability to the economic and social impacts of extreme events on our coastlines," he said. TORSTAR NEWS SERVICE

A young girl wades in the water where a kitchen once stood, as rising sea levels push into the waters of Senegal's Saloum Delta. JANE HAHN/THE ASSOCIATED PRESS

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Jeans, beer cost more than oil

ENERGY

Crude at near 12-year low on fears Iran will open floodgate

Just how cheap is oil these days? Not only does a standard steel drum barrel cost more than three times the 42 gallons of crude that could go in it, the actual lid now costs more, too.

In fact lots of everyday items, from pizza to Levi's to a two-four cost more than 'black gold' these days, thanks to the tanking Brent crude price, which dipped below $28 US a barrel in London Monday.

Oil traded near 12-year lows after the lifting of international sanctions on Iran paved the way for increased supply amid a global glut, Bloomberg News reports.

Iran is beginning efforts to boost output and exports by 500,000 barrels a day now that restrictions have ended, Amir Hossein Zamaninia, deputy oil minister for commerce and international affairs, said Sunday.

"Clearly, what is happening is that markets are continuing to be quite anxious about the possibility that we will see Iran bring back quite a bit of oil," said Bart Melek, the head of commodity strategy at TD Securities in Toronto. "This probably is a little quicker than people thought."

Avery Shenfeld, chief economist at CIBC World Markets, said that prices for raw materials are much more volatile than manufactured items, so when a commodity plunges the way oil has over the last year, the effect is far more pronounced. It's lost 21 per cent of its value this month alone.

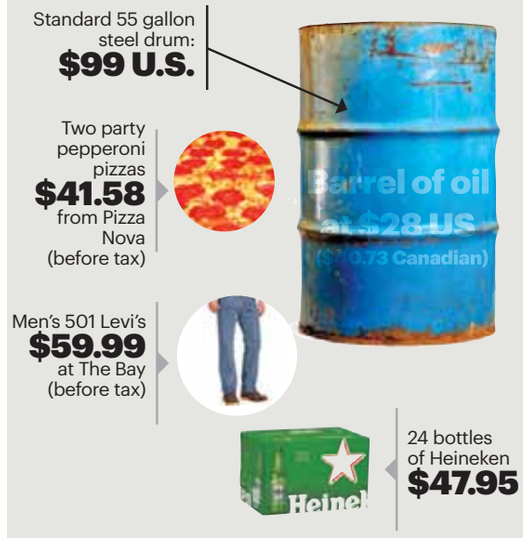
"Oil has fallen a long way, so it makes sense" that it can now be compared to restaurant food and clothing, he said.

The veteran economist noted the price per barrel of crude was roughly comparable to everyday items in the '80s, too.

(The steel drum that is frequently seen to depict an oil barrel is actually a 55-gallon container, but it's not what is used to transport and deliver oil. Most is transported by pipeline or tanker. Today, a barrel of oil is simply a measurement — not a description of a container.)

TORSTAR NEWS SERVICE

BY THE NUMBERS | Costlier than crude



IN BRIEF

BMO first to launch robo-adviser service

The Bank of Montreal has launched an online portfolio manager — the first of the big five banks to wade into the "robo-adviser" business. SmartFolio, is available to all investors starting Monday.

THE CANADIAN PRESS

market minute

DOLLAR 68.70¢ (–0.12¢)

TSX 11,942.17 (–131.29)

OIL Closed for holiday

GOLD Closed for holiday

NATURAL GAS: $2.124 US (+2.4¢)
DOW JONES: Closed for holiday

SURVEY

Millennials clueless on how to use RRSPs

Nearly a third of young Canadians admit they are "not at all knowledgeable" about retirement savings plans, according to a survey done for TD Bank.

The report also suggested that a large proportion of those aged 18 to 33 are uninformed about what registered retirement savings plans can and cannot be used for.

Only half knew that money in an RRSP could be used to help buy their first home, while just 28 per cent knew it could be used to help further their education later in life under the lifelong learning plan.

The survey also found that 64 per cent were unaware that RRSP savings could not be used to make a charitable donation and 60 per cent mistakenly believed that they could be used to pay childcare expenses.

"The interesting thing with millennials is they do prioritize retirement as important … but often don't know how to get started," said Linda MacKay at TD Canada Trust.

THE CANADIAN PRESS

52%

The percentage of young Canadians who incorrectly believe an RRSP could be used to finance a car. Half wrongly thought it could buy a second home.

metro VIEWS
Your essential daily news
Tuesday, January 19, 2016

THE BIG THING: THE WORLD ECONOMIC FORUM

Davos. Just the word evokes images of the world's biggest bigwigs, meeting on top of a secluded Swiss mountain, discussing the future of the world economy and comparing the sizes of their enormous piles of money. But the World Economic Forum is much more than that — and this year, Canada will be front and centre at the global gathering. It begins Wednesday.

WHAT YOU NEED TO KNOW

The World Economic Forum is an annual meeting of more than 40 heads of state and 2,500 business leaders and other movers and shakers — some of the richest and most influential people on earth.

It's often referred to as "Davos," the name of the small resort community where it's held.

Canada is making a point to have a strong showing at the conference in hopes of creating economic opportunities for the country.

The anti-capitalist protests and controversies that once surrounded Davos have eased.

The theme this year is about how digital technology is transforming every aspect of life — what some have termed the "Fourth Industrial Revolution."

Revolution redux
Attendees (Davos is invite-only, of course) have each been sent a copy of The Fourth Industrial Revolution by Klaus Schwab, the founder of the World Economic Forum. In his view, the first industrial revolution was the birth of water and steam power, the second was mass production and mass media and the third was the digital revolution. And in the fourth — the one we're in now — technology is being fused into almost everything in the physical, digital and biological worlds. How will the global economy react when "smart factories" replace jobs and vehicles start driving us to work? That's what world leaders and business giants are putting their heads together about. SOURCE: DON TAPSCOTT/ SPECIAL TO TORSTAR NEWS SERVICE

Calming down about capitalism
Massive crowds of anti-globalization protestors were once as common a sight at Davos as conservatively cut suits. In the 1990s and early 2000s, hundreds of thousands of people marched in Switzerland and cities around the world to draw attention to the social and environmental costs of the global free market. In 2003, fuelled in part by anger about the escalating Iraq war, demonstrations descended into riots in the Swiss city of Bern. In recent years the crowds have dwindled to a few hundred — and they aren't allowed anywhere near the conference.

THE BIG NUMBER

5

That's the number of cabinet ministers who will accompany Prime Minister Justin Trudeau to Davos this year. This move is seen by many as a way to showcase Canada's economy to the rest of the world at a time when one of its most lucrative industries — oil — is taking a nosedive steeper than any alpine peak.

ROSEMARY WESTWOOD

metroview

Porn's lost its power to shock. That could save some money.

The ubiquity of online pornography has spawned an ironic turn of events.

To explain, take the case of the Barriere & District Chamber of Commerce, which found its website had become a porn hub earlier this month.

The chamber, set in a tourism and alfalfa-growing town of less than 2,000 in B.C.'s southern interior, had let the domain name barrierechamber.com lapse. It was then snapped up by Al Perkins, an apparent domain-name scalper who lives on an island off the coast of Normandy and looks for lapsed domains to exploit. He leased the domain to PornoLaba and asked for a reported $9,700 from the chamber to get it back ("It's just pure business," he told the National Post). Otherwise, it would be all gagging, fantasy and college porn, all the time.

But the chamber, after a rejected $500 counter-offer, did not die of shame. It just started another website.

So did White Rock realtor Jacqollyne Tomsin, when she found that her website had turned into a home page for "Rude Space – the adults playground." According to a Peace Arch News report in 2013, Tomsin wouldn't give Perkins the $1,000 he requested.

What this says to me is that Internet-pranksterdom and graphic online porn are now so common, we expect home buyers in White Rock or businesses in Barriere to understand if they click a link and up pops a spanking fetish.

"Ah, just some more unwanted online pornography clickbait," they'll say.

According to estimates from the researchers behind A Billion Wicked Thoughts, a book about online sexuality and neuroscience, porn accounts for about four per cent of websites and 13 per cent of web searches.

And while buying up lapsed domains is a legitimate business, the strong-arm porn tactics for selling domains back to their original owners are looking increasingly weak.

Not only is porn's power to shock diminishing, it's also losing its aura as an untouchable force on the internet.

In a first in Canada, Manitobans can now sue people who distribute nude photos of them online against their will, under new legislation targeting child pornography and revenge porn that took effect yesterday. Many U.S. states also have revenge porn laws. The rest of the country would do well to follow suit.

There's no need to feel held hostage by an opportunist with erotic tastes, and there's no reason to deny victims exploited via porno sites their due justice. Porn might be ubiquitous, but we're not helpless.

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metro LIFE

Your essential daily news

Jada Pinkett Smith and Spike Lee to boycott "lily white" Oscars

EXERCISE

Use a staircase to loosen up those hips

Learn how to make peace with your pelvis using a do-it-anywhere exercise called the Hippy Hangout. This movement multi-tasker is as efficient as it is effective. It liberates your hip flexors on one side, while bolstering the outer hip muscles on the other side.

1. Holding onto a wall or railing for support, stand sideways on a flight of stairs with one foot on a tread and the other foot dangling in space.

2. Taking care to level your hips, imagine your dangling leg attaches to your body just underneath the bottom ribs, rather than at the hip. Relax the leg and let it hang heavy.

3. Begin to passively sway the leg without using any real muscular effort. The movement should be slow and pendulous as if you were wearing a clog made of gold.

4. Hang out with gravity for 30 seconds, or until the outer hip of the standing leg fatigues.

5. Step down and feel the difference between your legs as you take a few exploratory steps.

6. Repeat on the other side.

Use the Hippy Hangout to improve pelvis stability, eradicate hip and low back pain and access your happy place.

TORSTAR NEWS SERVICE

Stretch your yoga practice into daily life

ON THE GO

Work your core

This is a "tune-up" exercise to strengthen your core that you can do anywhere, even on public transit.

1. Sit or stand with good posture.

2. Inhale deeply to swell belly and chest. Retain the breath inside.

3. Against the resistance of the held breath, engage and pack in your core muscles to hug your spine from every possible angle. It'll feel like a blood pressure cuff tightening around your torso. If you feel your chest, belly, waist and low back with your hands, the tissues will be taut below the soft stuff at the surface. Fake a cough to engage the muscles further. This is your Totally Tubular Core.

4. Without releasing the awareness or muscular engagement, exhale and continue to breathe normally. Find the balance between full breaths and the cylindrical cushioning and support offered your spine.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of a number of yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com

JOHANNA SCHNELLER **WHAT I'M WATCHING**

A heartbreaking, poetic farewell

THE SHOW: Truly, Madly, Deeply (YouTube)
THE MOMENT: The poem scene

Jamie (Alan Rickman) died, but his widow Nina (Juliet Stevenson) mourned him so abjectly that he returned. Gradually he showed her that living with a ghost wasn't living. Now he's saying goodbye.

"How's your Spanish?" he asks her. "There's a poem I want you to translate." He begins to recite Pablo Neruda's The Dead Woman. She translates aloud.

"Forgive me, if you are not living," she says. Recognition dawns in her eyes: "I know this poem," she says.

He keeps reciting, she keeps translating. "If you, beloved, my love, if you have died/All the leaves will fall in my breast/My feet will want to march to where you are sleeping." Here she interjects, "Your accent's terrible." She moves to him. "My feet will want to march to where you are sleeping," she repeats, her eyes locked on his. "But I shall go on living."

"Do you want me to go?" he asks. "No!" she cries. "Never, never." They embrace.

After Rickman died last week, I called up this scene from his 1990 film, one of the most achingly romantic goodbyes in moviedom. Only someone as clever — and probably British — as the late writer/director Anthony Minghella could base a throat-tightening farewell around poem translation (leavening it perfectly with that accent crack). And only Rickman, with his delicious languor and panther-purr voice, could pull it off so swoonily.

Contained emotion was a Rickman specialty, but here he lets it spill over, giving us permission to weep with him. And for him.

Rest in peace.

Rickman delivered one of the most aching goodbyes in cinema.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

RESEARCH

Heart attacks deadly for those living on 15th floor or above

The high risks of living in a highrise

Cardiac arrests happen most often at home. Researchers knew that.

What they didn't know, until now, is this: If your home is a highrise, the higher your floor, the lower your chance of survival.

A new study published Monday in the Canadian Medical Association Journal examined five years of health data from the City of Toronto and Peel Regions — selected because of high population density.

Specifically, researchers wanted to see what effect "vertical delay" played on life and death when someone called 911 to report a cardiac arrest.

Can floor level actually determine a person's likelihood of survival?

The short, conclusive and alarming answer is yes.

Researchers examined nearly 8,000 cases of cardiac arrest between 2007 and 2012. Survival was 4.2 per cent for those living on the first or second floor.

They found those who lived between the third and 15th floors had a 2.6 per cent chance of surviving to hospital discharge.

Survival was "negligible" — less than one per cent — for those living on floor 15 or above.

There were 30 residents in the data that went into cardiac arrest on the 25th floor or above.

"They all died," said Dr. Laurie Morrison, a scientist at St. Michael's Hospital and one of the study's authors.

Researchers studied the data to see if there were any particularly "toxic neighbourhoods" where residents were more likely to die of cardiac arrest. But there were no conclusions to be drawn from geographic or socioeconomic factors.

"It doesn't matter whether you're poor, middle class or high class, it's just the vertical that makes a difference," said Morrison, who is also director of Rescu — a group that studies out-of-hospital emergency health care.

When first responders arrive at a condo or apartment building, access barriers can delay the amount of time it takes them to reach a patient.

In some cases, the building is inaccessible from the outside or an elevator is unavailable.

Typically, there is no defibrillation device on scene to allow a bystander to help restart the resident's heart before emergency crews arrive.

Survival rates decrease seven to 10 per cent with every one-minute delay to defibrillation.

THE NUMBERS

There were 30 residents in the data who went into cardiac arrest on the 25th floor or above. They all died, the study author said.

"As more highrise buildings are built, in response to the demand for affordable condominium and rental properties," the study noted, "the negative impact on community survival may increase."

The study suggests a few interventions that may increase survival rates in highrise buildings.

Fire departments have a universal access key that gives them sole and immediate access to elevators but paramedics do not.

Expanding this access to paramedics, who may be first on scene, should be an easy fix, researchers say.

"Availability of a universal key seems like a simple intervention but it has remained unaddressed for decades," the study reported.

The study also calls on landlords, property management companies and condo boards to consider purchasing automated external defibrillators for their buildings and training staff in their use.

TORSTAR NEWS SERVICE

SMOKING CESSATION

Running away from cigarettes

Jennifer Jeaurond had tried everything to kick her 23-year tobacco habit: hypnotherapy, the nicotine patch, a craving-reduction medication and even electronic cigarettes. Nothing worked.

That is until she signed up in 2013 for a 10-week smoking-cessation course in Ottawa, organized as a pilot study by the Canadian Cancer Society and the sporting goods retailer, the Running Room.

The idea of the Run to Quit program was to gradually wean participants off cigarettes as they increased physical fitness through a tailored course of walking and running at a Running Room store, coupled with a variety of support programs provided by the cancer society.

"What appealed to me was it wasn't like other smoking-cessation programs," Jeaurond, 40, said from her home in Aylmer, Que. "This one wasn't about abstinence, but rather it dealt with the addiction to smoking by introducing connections. It was connecting us with other smokers and connecting us with healthy people."

Attending the weekly Run to Quit sessions with other smokers made her feel not so alone as she struggled to overcome an addiction that had its roots in her first cigarette at age 14. She and several others in the class formed their own early-morning running group, motivating each other as they prepared for a five-kilometre race.

"You build healthy connections and therefore you don't need that chemical hook anymore," she said. "Because we fell in love with the sport of running, we could not keep up our habit of smoking."

TRY THE PROGRAM

Starting in mid-April, 21 Running Room locations across Canada will offer the 10-week Run To Quit program

So successful was the pilot study — 29 per cent of the almost 70 participants reported not smoking for the previous 30 days at a six-month followup — that the cancer society and Running Room are teaming up to provide the program over the next three years with a $4-million-plus grant from the Public Health Agency of Canada.

Starting in mid-April, 21 Running Room locations in B.C., Alberta, Ontario, Quebec, Nova Scotia, and Newfoundland and Labrador will offer the 10-week program at a cost of $69 for in-person classes and $49 for an online, self-directed course that provides information on running and quitting through printed instruction, audio and video clips and even a virtual coach.

Next year, the program will extend to 50 store locations across the country and to 110 in 2018, said John Atkinson, who heads the Canadian Cancer Society's Smokers' Helpline.

Results from the Ottawa pilot also showed that at the six-month followup, 21 per cent of participants had maintained continuous abstinence from tobacco, while 50 per cent reported not having smoked for the previous seven days.

"These are considered very good results," said Atkinson, a former two-pack-a-day smoker who quit cold turkey 16 years ago when he joined a running group, after trying nine times to kick the habit without success.

"By joining an actual running group, it gave me a sense of accountability. I had a group of people that I got to know ... I'd agreed to do a five-kilometre run and I had made a commitment to myself and then got the camaraderie and friendship of others that kept me coming week after week. And also, I felt so good after I started to exercise. I felt great," said Atkinson, who completed the Boston Marathon last April and is preparing for Ottawa's marathon in May.

THE CANADIAN PRESS

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Pinning hopes on new ways to a new you

Welcome to New Year's resolution junction. It's a busy place around this time of year, when those promises we make to ourselves are either furiously alive or dead on arrival. Here's what Pinterest stats reveal about diet, recipe and workout ideas. **THE ASSOCIATED PRESS**

BY THE NUMBERS

↓70%

The big crash in crash diets

For the first time, the site is seeing pinners ditch crash diets. Overall, pins related to crash diets were down 70 per cent in 2015 over the year before.

↓40%

PINTEREST/CAFE DELITES

Low-carb recipes dropped like hot potatoes

Pins of low-carb recipes have decreased by 40 per cent since last January.

↓32%

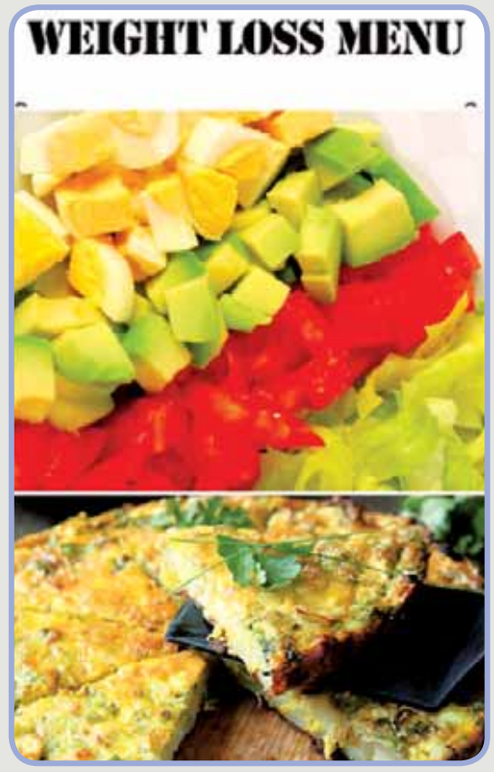
Pinning less faith on Paleo

Paleo diet pins were down 32 per cent, according to data supplied by Pinterest.

A MORE BALANCED APPROACH

In a little corner of the world we like to call Pinterest, resolution-makers have lit up with ways to declutter, eat healthier and de-stress.

"Over the last five years, we've seen the growth of more than 100 million special diet pins on Pinterest," offers Christine Schirmer, a spokeswoman for the site. "But in 2016, we see top health and fitness pins focus on a more balanced approach to well-being, including meditation, bullet journaling and minimalism."



PINTEREST/SKINNY MS.

↑83%

Hourglass workouts

Since Christmas, pins for "hourglass workout," a full-body approach hell bent on lean, sexy curves, increased 83 per cent.

PINTEREST/VOGUE

↑67%

Bullet journals

In the period between Christmas Eve and Jan. 2, pins for "bullet journals," which is a minimalist organizational notebooking system, increased 67 per cent, while "minimalist lifestyle" pinning in general went on the rise 19 per cent and those on the subject of decluttering rose 35 per cent.

PINTEREST/SUBLIME REFLECTION

MORE NEW YEAR, NEW YOU BOOSTS

• Trending: Jiu jitsu and its calorie-burning perks; pins on all things "holistic;" the "21-day fix," with guides for portion control, meal planning and clean eating.

• A 60 per cent bump for "detox tea" pins.

• A 41 per cent bump for "dry brushing," a DIY detox for the skin advocating the use of a brush on dry skin in a certain pattern before showering to help release the body's toxins.

• Pins for creating a "meditation space" have increased recently by 49 per cent.

MAKING A MURDERER

Filmmakers talk trial by media

The filmmakers behind Netflix's Making a Murderer say they expected a backlash that would lead people in the media to demonize Steven Avery, the Wisconsin man whose prosecution in the 2005 death of a woman formed the centerpiece of the 10-part series.

Laura Ricciardi and Moira Demos, at a news conference on Sunday, sought to deflect questions of Avery's guilt or innocence and instead pointed to questions raised about the criminal justice system in their film.

Making a Murderer has lead many people who have seen it to take up the cause of Avery, who served 18 years in prison following a wrongful conviction of rape and two years after his release was charged in the death of photographer Teresa Halbach. The documentary questions whether Avery was treated fairly.

Yet prosecutors — who the filmmakers say declined their request to participate in MaM — have claimed the film omits physical evidence against Avery. A former fiancee of Avery's, Jodi Stachowski, told HLN this week that Avery was "a monster" who had threatened to kill her.

"The media are demonizing this man in order to prove his guilt," Ricciardi said. They said that they expected a strong reaction. They are filmmakers, they said, not prosecutors, and tried their best to reflect the facts in the case. Previously, they told Stephen Colbert on CBS' Late Show earlier this month that they believed he was not guilty. Ricciardi said she would not want to be treated by the criminal justice system the way Avery was.

"We did not consider this advocacy journalism in the least," Demos said. "We are not taking sides. We don't have a stake in his character, in his innocence or guilt. That was not the question that we were raising."

She said that "if you watch the series, I think it's clear that the American criminal justice system has some serious problems and that it is urgent that we address them."

Avery has recently filed an appeal of his conviction.

"We are ready to follow if there are significant developments and we are looking at other stories, as well," Demos said. THE ASSOCIATED PRESS

Laura Ricciardi (left) and Moira Demos (right) with Iris Ng (centre) on the set of Making A Murderer. NETFLIX/CONTRIBUTED

"I don't know how that's going to go": Coach Pete Carroll says he doesn't know if Marshawn Lynch will return to the Seahawks next season

Henrik out till February

CANUCKS

Captain took a hit from behind from Islanders' Grabovski

Cam Tucker
Metro | Vancouver

Henrik Sedin likely won't be back in the lineup until after the all-star break, while Mikhail Grabovski, according to multiple reports, will not receive supplemental discipline for a dangerous hit from behind on the Vancouver Canucks captain Sunday.

Head coach Willie Desjardins said Sedin will likely be sent back to Vancouver from New York — where the Canucks are currently situated for Tuesday's game against the Rangers in the fourth instalment of this six-game trip — and will likely be out until after the all-star break.

The Canucks have four games remaining until the break. Their schedule resumes Feb. 4.

Having Sedin, the team's leader and top centre, out of the lineup is an obvious loss for the Canucks.

Based on the reports, Grabovski will not be suspended, despite plastering an opposing player into the boards from a precarious spot on the ice and with the numbers on the back of Sedin's jersey clearly showing.

Grabovski was handed a major penalty for boarding and a game misconduct.

If Sedin does remain out until after the break, it would the leave the Canucks with 20-year-old Bo Horvat, 19-year-old Jared McCann, 24-year-old Linden Vey — who began the year in the minors — and journeyman Adam Cracknell as their four centres for the foreseeable future.

Brandon Sutter appears to be getting closer to a return from sports hernia surgery, but general manager Jim Benning said the Canucks don't want the 26-year-old centre back in the lineup until he's fully healthy.

"He's going to practise this week and we're just going to see where it's at," Benning told TSN 1040.

"He doesn't need to play one or two games before the all-star break unless it's 100 per cent. So he's just going to see where he is on a day-to-day basis."

According to Benning, with Henrik Sedin out, it appears there could be an opportunity for the rookie McCann to play in the middle with Daniel Sedin and Jannik Hansen.

Centre Henrik Sedin left Sunday's game in the first period. KATHY WILLENS/THE ASSOCIATED PRESS

37

Sedin has 37 points this season in 44 games.

MLS

Caps ink Flores

Carl Robinson's efforts to bolster the Vancouver Whitecaps both for the present and future took another step Monday with the official announcement that the local club completed a transfer for 19-year-old midfielder Deybi Flores.

Flores joined the Whitecaps on loan from Honduran side Club Deportivo Motagua last February. After completing the transfer, the Vancouver side inked Flores to a "multi-year" contract.

As per the MLS Players Union, Flores made $60,000 last season.

"Deybi showed flashes of promise in his first year in MLS," said Robinson in a release. "He has the tools to become a regular contributor on both ends of the pitch. We expect him to continue to grow and improve, and we're pleased to have him at the club."

Flores played in 15 games with 11 starts for the Whitecaps last year, including Amway Canadian Championship and CONCACAF Champions League matches. In MLS regular-season competition, Flores appeared in nine games, with five starts. He registered seven shots. CAM TUCKER/METRO

DUTY CALLS

Whitecaps defenders Jordan Smith and Kendall Waston have been called up to the Costa Rican national team for training camp and a friendly versus Venezuela early next month.

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NBA

Golden Statement: Warriors crush Cavs

Stephen Curry scored 35 points in three quarters, Andre Iguodala added 20 and the Golden State Warriors returned to the floor where they won the NBA championship last season and embarrassed the Cleveland Cavaliers 132-98 on Monday night.

The Warriors built a 30-point lead in the first half and bounced back from a shocking loss in Detroit over the weekend by winning their fifth straight over Cleveland.

Only a late flurry of points helped the Cavs avoid their worst home loss in franchise history. LeBron James led Cleveland with 16 points.

Curry made seven 3-pointers — his last put the Warriors ahead by 40 late in the third quarter — and the reigning league MVP seemed right at home in Quicken Loans Arena, where the Warriors clinched their first title since 1975 last June. On Sunday, Curry said he hoped the visitor's locker room "still smells a little bit like champagne."

All the Warriors seemed to smell was blood as they overwhelmed the Cavs, who lost at Golden State 89-83 on Christmas Day and could do little to stop the defending NBA champions.

THE ASSOCIATED PRESS

MONDAY in Cleveland

132	98
WARRIORS	CAVALIERS

IN BRIEF

Williams heads struggling Swans in right direction

Swansea moved out of the relegation zone following a slender 1-0 win over Watford in the English Premier League on Monday in front of newly-appointed head coach Francesco Guidolin.

Guidolin's arrival was confirmed by Swansea Monday and the 60-year-old was at the Liberty Stadium to see captain Ashley Williams head in the winner shortly before the half-hour mark. Guidolin will work alongside current interim manager Alan Curtis.

THE ASSOCIATED PRESS

Hall ends drought as Oilers beat up limping Panthers

Taylor Hall snapped a scoring drought with two goals, Cam Talbot stopped 30 shots and the Edmonton Oilers added to Florida's slide by beating the Panthers 4-2 on Monday.

Teddy Purcell had a goal and two assists for Edmonton, which led 3-0 after two periods and then withstood a Florida rally in the final 20 minutes. Jordan Eberle also scored for the Oilers. Reilly Smith and Quinton Howden scored in the third period for Florida, which has dropped four straight since winning 12 in a row. THE ASSOCIATED PRESS

Federer seeks answers amid fixing claims

TENNIS

Authorities reportedly suppressed proof of scams

Roger Federer won his first-round Australian Open match against Nikoloz Basilashvili in straight sets on Monday. SAEED KHAN/AFP/GETTY IMAGES

Roger Federer has heard enough speculation about match-fixing in tennis and if players are suspected of corruption, he wants names.

Federer was responding to reports by BBC and BuzzFeed News published Monday that tennis authorities have suppressed evidence of match-fixing and overlooked suspected cases involving players ranked in the top 50, including Grand Slam singles and doubles winners.

The reports said none of these players had faced sanctions and more than half would be playing at this year's Australian Open, which started Monday. The players weren't identified by name.

"I would love to hear names," Federer said after beating Nikoloz Basilashvili of Georgia 6-2, 6-1, 6-2. "Then at least it's concrete and you can actually debate about it. Was it the player? Was it the support team? Who was it? Was it before? Was it a doubles player, a singles player? Which Slam?"

ATP chairman Chris Kermode appeared at a news conference to reject the assertion that match-fixing had gone unchecked in the sport, saying the Tennis Integrity Unit remained "constantly vigilant and not complacent" when it comes to tackling corruption.

The BBC and BuzzFeed allegations were based on files they reported had been leaked "from inside the sport" showing evidence of suspected match-fixing orchestrated by gambling syndicates in Russia and Italy that had been uncovered during an ATP investigation of a 2007 match in Sopot, Poland, involving suspiciously high levels of betting.

According to the reports, the ATP investigation widened to uncover a network of other players suspected of match-fixing, but officials didn't follow up on the cases. Since then, the reports said, the ATP has repeatedly been warned by bookmakers, foreign police and other investigators about many of the same players, but hasn't taken any action against them.

Top-ranked Novak Djokovic confirmed that members of his support team were approached about throwing a match in Russia in 2007.

"Of course, we (rejected) it right away," he said. "It didn't even get to me — the guy that was trying to talk to me, he didn't even get to me directly. There was nothing out of it."

THE ASSOCIATED PRESS

CANUCKS

Bouchard on to 2nd round

A resurgent Eugenie Bouchard continued her injury comeback with a straight sets win in first-round action at the Australian Open. The 21-year-old from Westmount, Que. dispatched Serbia's Aleksandra Krunic 6-3, 6-4.

On the men's side, Vancouver's Vasek Pospisil was eliminated by Gilles Simon, losing 7-6 (4), 3-6, 2-6, 4-6.

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RECIPE White Bean and Sausage Cabbage Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This hearty soup tastes like it took hours to simmer away even though it comes together in half an hour.

Ready in
Prep time: 10 minutes
Total time: 30 minutes
Serves 4

Ingredients
- 2 Tbsp olive oil
- 3 links of Italian sausage, sliced into bite-sized pieces
- 3 cloves garlic, minced
- 1 onion, diced
- 1/2 savoy or green cabbage (about 4 or 5 cups), sliced very thinly
- 15 oz can cannellini beans
- 1 litre low-sodium chicken stock
- 2 bay leaves
- 1 Tbsp fresh thyme
- Pepper to taste
- 1/2 cup Parmesan cheese, grated

Directions
1. Pour olive oil into a large pot or Dutch oven over medium heat. Add the sausages to the pot and allow them to brown all over. Remove from the pot and set aside on a clean plate.
2. Add onions and garlic to the pot and cook them just until they begin to soften. Toss in the cabbage and stir it around for a couple of minutes.
3. Add the beans, stock, bay leaves and thyme. Return the sausage to the pot and allow everything to come to a simmer. Cook for 20 minutes and check seasoning.
4. Serve with a sprinkling of Parmesan.

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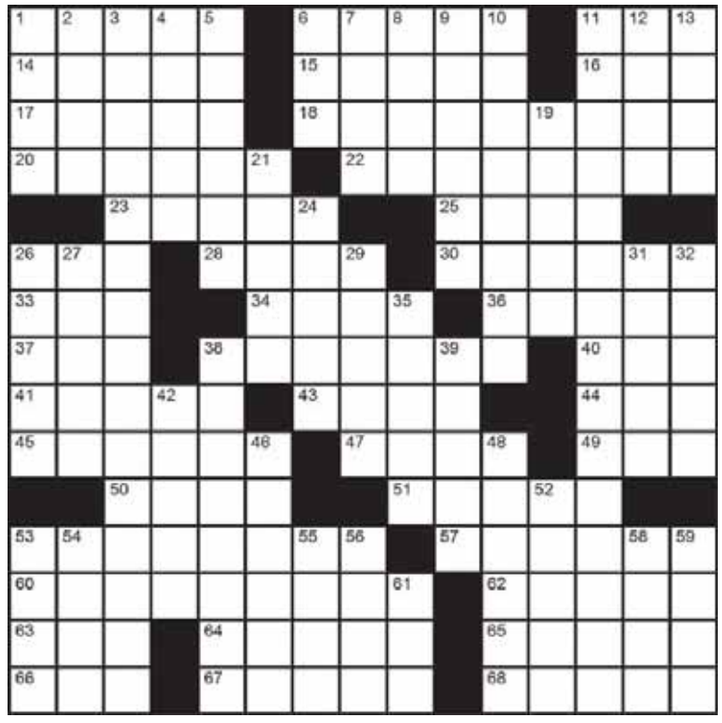
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Desert 'trees'
6. Wheel-steadying wedge
11. Clamour
14. Oak ornament
15. Gawk
16. Singleton
17. Update a route
18. Director of "Rose-Marie" (1936) in which Nelson Eddy plays a Mountie, _-_. _ _ (b.1889 - d.1943)
20. Atomic Number 68
22. Country route: 2 wds.
23. Prefix with 'continental'
25. Skrillex/Diplo/Justin Bieber: "Where _ _ Now"
26. She-bird
28. Unappealing food
30. "A-_, A-Tasket"
33. Hour: Italian
34. Jail money
36. Belonging to Sicily's volcano
37. Scoundrel
38. Gulf of St. Lawrence explorer Mr. Cartier
40. Lab eggs
41. R.E.M. singer Michael
43. Sweeties
44. Esthero's "_ _ in Need of a Musical Revolution"
45. James _ (Scotty's Canadian portrayer on "Star Trek")
47. Prefix meaning 'Outer'
49. #22-Across' answer has 2
50. El _ (Warm ocean current)
51. Journalist Seymour
53. It lets you know who phoned without picking up the phone: 2 wds.
57. Based on the 1884 novel by Helen Hunt Jackson, this 1910 short stars Canadian actress Mary Pickford in the title role
60. _-_ house
62. Ancient water nymph
63. Tape a TV show [abbr.]
64. Archaeological finds in Egypt
65. Cemetery excavation
66. 'S' in NYSE, shortened
67. Internet message
68. TV awards

DOWN
1. Maintenance
2. Top-notcher
3. Gym-goer's item for keeping gear secure: 2 wds.
4. Railroad sight
5. Enters data
6. Compass dir.
7. After mil. combat affliction
8. Mr. Shankar
9. Mount _ (Biblical peak for Noah)
10. Aristocracies
11. When responding to the officer... Card a celebrity might play to avoid a traffic ticket: 6 wds.
12. Jimmy Durante song: "_ Dinka Doo"
13. Require
19. Clothed, archaically
21. Peach _ (Type of dessert)
24. Big bug, briefly
26. _ _'oeuvre
27. Lyre-playing Muse
29. Stir, as curiosity
31. Having a roof overhang
32. Crowned heads, once
35. Sandwich time
38. Ms. MacDonald (Leading lady in #18-Across)
39. Compound in perfume
42. Mr. Collins'
46. We can't book you in, inn-style: 2 wds.
48. Grapefruit's pal
52. Feigned flattery
53. Midpoints [abbr.]
54. Use _ _ cloth... (Cleaning instruction)
55. "_ la Douce" (1963)
56. Ms. Mazar
58. Sailors service
59. Fruity drinks
61. Fashionable monogram

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
No matter how ambitious and active you may be there are only 24 hours in a day and if you want to do more in one direction in the future you will have to do less in another.

Taurus April 21 - May 21
This is a good time to make plans — and promise yourself that this time you will succeed. If you know what you want and believe in yourself there is precious little you cannot accomplish.

Gemini May 22 - June 21
Do something positive. Cosmic activity will raise your spirits and make you believe that anything is possible. But while the planets may set the scene, it's up to you to play the part.

Cancer June 22 - July 23
You will find it easy to make the kind of difficult decisions that most people prefer to avoid. But you possess not just the ability to identify a problem but also the strength do something about it.

Leo July 24 - Aug. 23
Take other people's opinions into account. If you make a genuine effort to cooperate, rather than to compete as you usually do, there is no telling how far you can go.

Virgo Aug. 24 - Sept. 23
You have to be sensible about what you do and how you do it. Focus on the two or three things that mean the most to you and put everything else on hold for a while.

Libra Sept. 24 - Oct. 23
The Sun moves into the most dynamic area of your chart tomorrow. You'll accomplish more if you have a clear goal. Aim to do what others say cannot be done.

Scorpio Oct. 24 - Nov. 22
The longer you leave what has to be done the harder it will be to summon up the energy to get started. Also, pay attention to what partners and loved ones try to tell you today. Don't be too proud to act on their advice.

Sagittarius Nov. 23 - Dec. 21
Your luck will take a turn for the better, not least because your attitude is becoming more positive. If you enjoy meeting new people you will be in your element.

Capricorn Dec. 22 - Jan. 20
Over the past few weeks you've had a lot of ideas and started many new projects, but if you want to be successful you must focus your energies in a single direction.

Aquarius Jan. 21 - Feb. 19
The next few days mark not just the start of a new solar year for you but also the beginning of a major new phase. Forget everything that has gone before. The only thing that matters is what comes next.

Pisces Feb. 20 - March 20
If there is something you need to finish then get it done today, because when the Sun changes signs tomorrow your mind will be onto other things.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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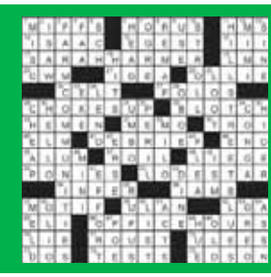

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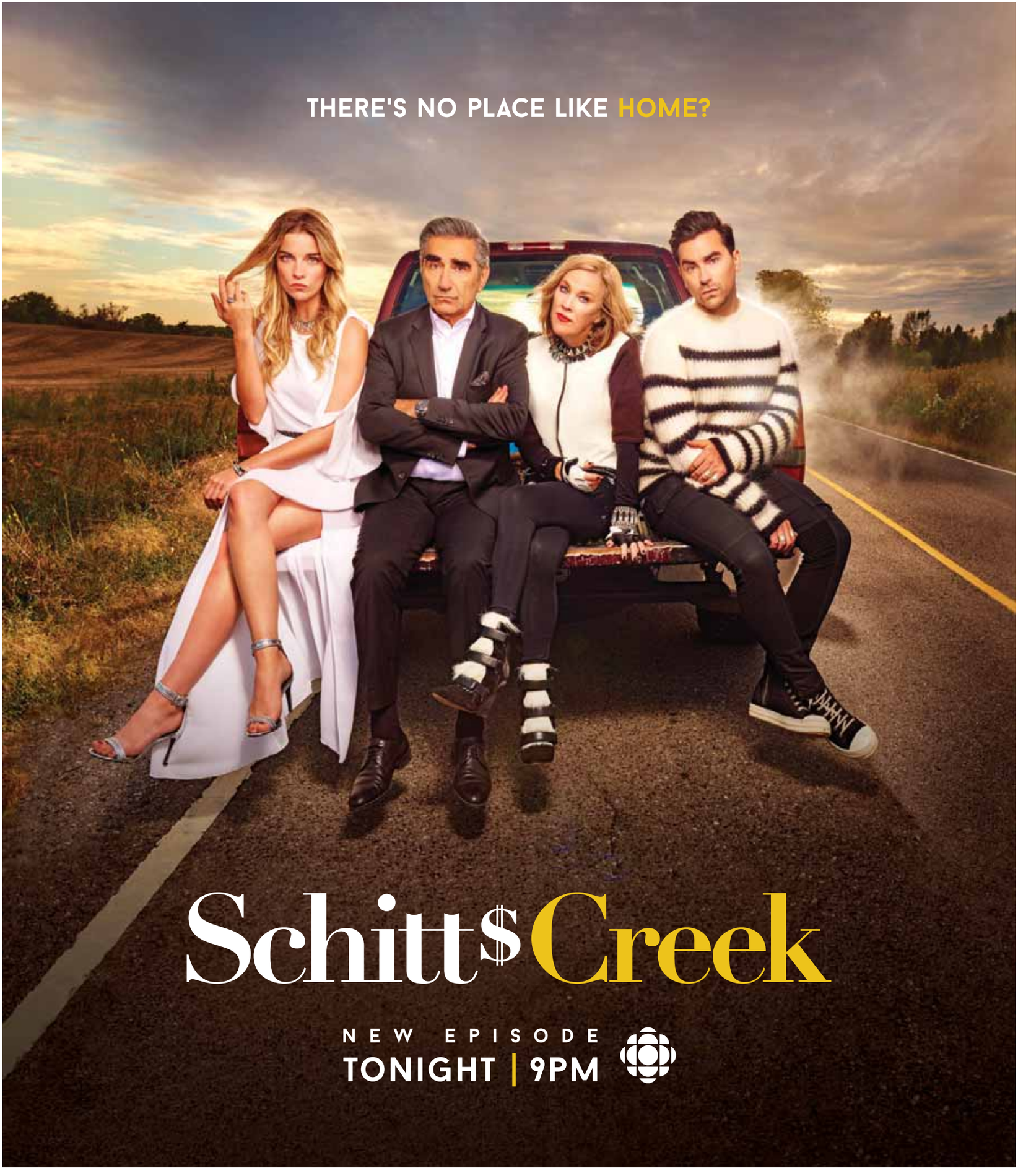
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